

Stairs The Take

Your Heart Needs the Exercise

**The Surgeon General
recommends that you
get 30 minutes of
physical activity
every day!**

A 150 pound person can
burn off 306 extra calories
every half hour while
climbing stairs.



COUNTY OF LOS ANGELES

Public Health

Division of Chronic Disease & Injury Prevention,
Physical Activity & Cardiovascular Health Program
213/ 351-7887
<http://publichealth.lacounty.gov/physact/index.htm>

